

# HOW TO HAND WASH

Duration of entire procedure: 40 to 60 sec.



**WET HANDS  
WITH WATER**



**APPLY ENOUGH  
SOAP TO COVER  
ALL HAND  
SURFACES**



**RUB HANDS  
PALM TO PALM**



**RIGHT PALM OVER  
LEFT DORSUM  
WITH  
INTERLANCED  
FINGERS AND VICE**